

Spiritual Healing Spell



Jennifer Runham-Stark, September 29 2009

Items needed:

blue ribbon

white candle

quartz point

peppermint essential oil (or your favourite uplifting scent)

Anoint the candle with your oil.

Cast your circle, call the elements and any guides you wish to have join you.

Light the candle, saying

Candle of light

Candle so bright

Pierce through the darkness

Pierce through the night

Continuing chanting this while seeing the light of the candle expand and merge with your aura, letting it's white light cleanse you of any energetic ailments.

Once you see yourself bursting with this white energy, pick up the ribbon and quartz point.

Pass the crystal through the flame, quickly, three times, seeing the crystal glowing with the same white energy, knowing it will be there whenever you need to call upon it.

Wrap the quartz carefully in the ribbon, covering it completely.

Thank your guides and the elements, and open your circle.

Keep the quartz with you, or on your altar, unwrapping it whenever you feel the need to call upon this energy again.

